



# NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

Muvattupuzha P.O., Ernakulam Dist., Kerala - 686661

Telephones: 0485 2836888, 0485 2830666

Email: [nip\\_mvpa@yahoo.co.in](mailto:nip_mvpa@yahoo.co.in) Website: [www.nirmalacp.org](http://www.nirmalacp.org)

**FIRST CYCLE NAAC ACCREDITATION 2023**

## CRITERION 1



### CURRICULAR ASPECTS

**1.3.1. Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability in transacting the Curriculum.**

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



## 1.3.1 Institution integrates cross-cutting issues relevant to Gender, Environment and Sustainability, Human values and professional ethics into the curriculum.

### Summary of cross cutting issues undertaken during the academic year 2022-2023

Sl.no.	Date	Name/type of the program	Cross cutting issue	Attendees	No. of participants
1	02/06/2022	Environment day observation	Environment and sustainability	NSS unit (B.pharm/M.pharm/Pharm D)	620
2	14/06/2022	International yoga day	Human values	NSS unit (B.pharm/M.pharm/Pharm D)	50
3	29/06/2022	International day against drug abuse	Human values	NSS unit (B.pharm/M.pharm/Pharm D)	55
4	31/07/2022	Narcotics control bureau	Human values	NSS unit (1 <sup>st</sup> B.pharm, 1 <sup>st</sup> Pharm D)	30
5	26/08/2022	Women equality day	Gender	1 <sup>st</sup> sem and 7 <sup>th</sup> sem B.pharm	30
6	13/10/2022	Free eye check up day	Human values	Pharm D	35
7	13/01/2023	Career counseling on HEOR based jobs	Professional ethics	6 <sup>th</sup> Pharm D	30
8	13/01/2023	Innovator talk	Professional ethics	6 <sup>th</sup> Pharm D	30
9	23/01/2023	National girl child day celebration	Gender	3 <sup>rd</sup> Pharm D	30
10	08/03/2023	International womens day	Gender	8 <sup>th</sup> sem B.pharm	60



11	22/03/2023	World water day	Environment and sustainability	3 <sup>rd</sup> Pharm D	25
12	05/06/2023	World environment day	Environment and sustainability	1 <sup>st</sup> Pharm D	30



CROSSCUTTING  
ISSUE

GENDER

TYPE OF PROGRAM

WOMEN EQUALITY DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# To save Earth, waste needs to have an afterlife

SPOTLIGHT | Apr 5, 2022, 04.31 PM IST



*By Atul Bagai Head of UNEP Country Office, India*

Our planet is facing three crises of climate change, nature and biodiversity loss, and pollution and waste. Driving these crises are unsustainable consumption and production practices. We are at a critical crossroads where the only option is to choose the path of sustainability and circularity.

A circular economy can address environmental crises, decouple economic growth from material dependency, and generate an annual economic output of \$4.5 trillion by 2030. Circularity opens opportunities through new markets, cutting costs and risks, and fostering innovation.

The problem is only 8.6% of the global economy today can be considered circular. The extraction of resources has grown three-fold since 1970 and is expected to grow another 70% by 2050. That's why we need to sharpen our focus on repurposing and redirecting production, consumption, and economic systems towards circularity.



## Not Just The 3 R's

A circular process is more than the '3 R's' of reduce, reuse and recycle. An expanded '9 R' concept of circularity includes reducing by being more resource-efficient, refusing to use certain products or resources, redesigning, reusing, repairing, refurbishing, re-manufacturing, repurposing and recycling.

In India, as elsewhere, the plastics, electronics and textiles sectors have enormous potential for circularity.

Since 1950, global plastic output growth has averaged 9% every year, contributing to an increase in marine and riverine plastic litter. Efficient circulation of plastics in the economy can be fostered by eliminating unnecessary plastic items, ensuring reuse, and recycling. There is a need for effective collection infrastructure, self-sustaining business mechanisms, and an enabling regulatory landscape. UNEP in India is supporting national and local governments by developing roadmaps to reduce plastic pollution.

The textiles and fashion industry also contributes to plastic microfibers entering oceans, increased water consumption, and emissions of greenhouse gases and air pollutants. UNEP in India is mainstreaming sustainability and circularity in the textile sector through a pilot roadmap for Sustainable Textile Hub in the Surat textile cluster, a sustainable fashion curriculum with National Institute of Fashion Technology, and promoting design innovation through Circular Design Challenge.

Electronic waste is another sector that needs urgent focus. The world generated 53.6 million metric tonnes (MT) of electronic waste in 2019. It is projected to touch 74 MT by 2030. In 2019, only 17.4% of e-waste was collected and recycled. Designing to increase product life, promoting repair and refurbishment, and improving recycling can close the loop towards circularity.

Sustainable food systems play an important role in enhancing economy-wide circularity. Regenerative food production, use of local products, diversification of agriculture and crop varieties, and agroforestry are some examples. Preventing food wastage, redistributing edible fractions, and turning inedible food waste into inputs for new products can help circularity.

## New Thinking Needed

Financing is the key to the future of circularity. Financial institutions and investors must be an integral part of the transition. It is important for institutions to integrate circularity into organisational strategies, risk-mitigation policies, new product development, and client engagement.







UNEP Finance Initiative offers support to catalyse actions for sustainable financing. UNEP's Principles for Responsible Banking was launched in 2019 with 130 banks holding \$47 trillion in assets at launch. It is a framework aligning the strategies of banks with the Sustainable Development Goals and the Paris Agreement. It has grown to 275 signatories with total assets worth \$72 trillion (45% of global banking assets).

Instruments such as Extended Producer Responsibility (EPR) for various sectors, deposit and collection schemes for resource recovery, and public procurement criteria that promote circularity in markets will be critical in this transition. In India, policies like national automobile scrappage, draft blue economy, EPR for plastics packaging, steel scrap recycling, draft national resource efficiency, and upcoming sectoral action plans on circular economy are noteworthy developments in the transition from a linear to a circular economy. Recently, EPR rules were notified for plastic packaging with targets for collection, recycling and use of recycled plastics. India is also a member of Global Alliance on Circular Economy and Resource Efficiency, which aims to provide a global impetus for initiatives related to the circular economy transition. UNEP is supporting the Government of India in

developing sustainable public procurement criteria for select products.

There is an overarching need for the world to reinvent itself. The writing is on the wall – change or perish. Sustainable consumption and production hold the key to this change, and eventually the health of our businesses, our people, and our planet.

*Disclaimer: The article has been produced on behalf of BCCL's RePlanet- Initiative, in association with Coca-cola by Times Internet's Spotlight team.*





## NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

### Environment day observation

#### Report

Nirmala college of pharmacy, Muvattupuzha (MP020-1)

Unit No. : NSS/SFU/ERK/KUHS/1

(Id: C-11727)

Name of the Institution : Nirmala College of Pharmacy, Ernakulam

Name of the Programme Officer : Dr. Prasanth Francis

#### **Circular from kuhs**

From: Registrar KUHS <registrar@kuhs.ac.in>  
Date: Wed, May 18, 2022 at 3:08 PM  
Subject: Fwd: ഉന്നതവിദ്യാഭ്യാസവകുപ്പ് - 2022 -ലെ മലാക പരിസ്ഥിതിദിനാചരണം - വാടുകുഴഞ്ഞെവിതരണം - സംബന്ധിച്ച്  
To: <nsscell@kuhs.ac.in>

Sir/Madam,

Please see the attached document for information and necessary action. All NSS Units shall observe the environment day in a fitting manner and all care shall be taken to preserve the planted trees. You may take action to collect the plants from the Forest Department forthwith as directed in the communication attached.

#### **Action taken**

##### **Activity-1**

As part of environment day observation the NSS unit collected 470 partially used note books from college and handed over to Principal, St Sebastian's school, Anicadu. This is for the encouragement of complete utilisation of resources and to inculcate compassion among students towards society. 16 first year pharmacy students voluntarily coordinated the activity.

**Total no of volunteer participants - 16**

##### **Activity-2**

As part of environment day observation the NSS unit planted tree saplings near Anicadu, pond.

**Total no of volunteer participants- 15**



## Activity-1 Photos



Note book collection and distribution



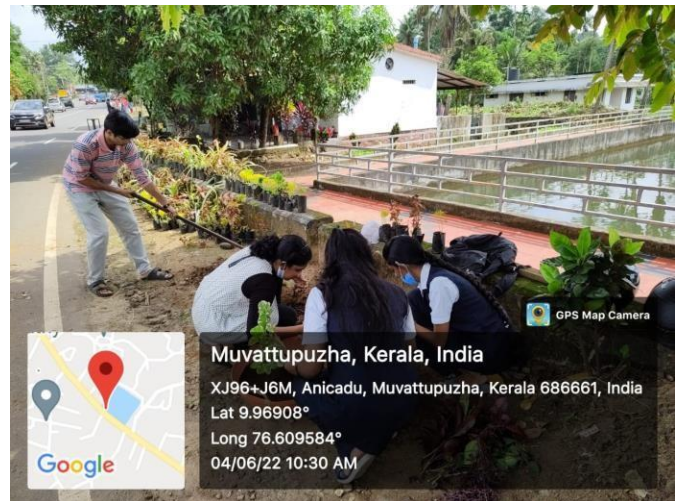
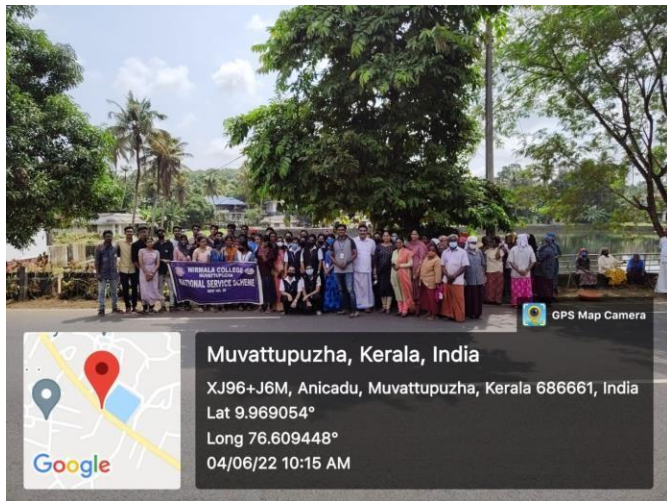


# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661 Established in 2004

Under Nirmala college society

## Activity-2 Photos: Tree saplings planted



CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM  
INTERNATIONAL YOGA  
DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# Decline in youth mental health during COVID-19: US CDC

IANS | Apr 1, 2022, 11.09 AM IST



A new study published by the US Centers for Disease Control and Prevention (CDC) found more than a third of high school students reported in 2021 they experienced poor mental health during the Covid-19 pandemic.

Meanwhile, 44 per cent of high school students reported they persistently felt sad or hopeless during the past year, Xinhua news agency reported citing the new data published on Thursday.

The new analysis also described some of the severe challenges youth encountered during the pandemic.

More than half reported they experienced emotional abuse by a parent or other adult in the home, while over a quarter reported a parent or other adult in their home lost a job, according to the

CDC data.

In addition, over a third of students said they experienced racism before or during the Covid-19 pandemic.

The highest levels were reported among Asian, African-American and other students of multiple races, according to the CDC study.

The study, which is the CDC's first nationally representative survey of high school students during the pandemic, can inform effective programmes.

"These data echo a cry for help," said CDC Acting Principal Deputy Director Debra Houry.

"The Covid-19 pandemic has created traumatic stressors that have the potential to further erode students' mental wellbeing. Our research shows that surrounding youth with the proper support can reverse these trends and help our youth now and in the future."





## NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

### International Yoga day observation REPORT

Nirmala college of pharmacy, Muvattupuzha (MP020-1)

Unit No. : NSS/SFU/ERK/KUHS/1

(Id: C-11727)

Name of the Institution : Nirmala College of Pharmacy, Ernakulam

Name of the Programme Officer : Dr. Prasanth Francis

#### Circular from kuhs

----- Forwarded message -----

From: REGIONAL DIRECTOR <nssrctvm@yahoo.in>

Date: Tue, Jun 14, 2022 at 12:27 PM

Subject: Yoga Programme for International Day of Yoga (IDY) - 2022 - reg.

Sir/Madam,

Kindly find the attached letter on the subject for your information and all Units are directed to comply with the instruction given. The activity report and photographs shall be send to this office and office of the NSS Regional Directorate immediately after the programme.

#### Action taken

As part of Yoga day observation the NSS unit conducted a Yoga campaign and workshop to address the importance of Yoga in daily life. Students of First Sem and First PharmD attended the yoga practice.

**Total no of volunteer participants- 15**



# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

## Activity Photo: Yoga positions



CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM  
INTERNATIONAL DAY  
AGAINST DRUG ABUSE

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# More youths in Kerala involved in drug related cases: Excise department

TNN | Jun 4, 2022, 11.24 AM IST



THIRUVANANTHAPURAM: Last year, the excise department filed cases against 293 youngsters, aged under 20, for drug-related offences, which illustrates the increasing involvement of youngsters in drug use and sales in Kerala.

Data available with the department also mentions that it has come to the notice of the government that there are many rackets that are trying to lure students by supplying it to them and also drawing them into their trade web. The excise department had registered 15,446 cases under Narcotic Drugs and Psychotropic Substances Act from 2019 till February 28, 2022, in which 15,841 persons have been arrested.

Though the state government has initiated programs like Nervazhi to bring back the students, who are involved in drug use and sales and helping them for a course correction, the number of students getting attracted to drugs, especially synthetic ones, are on the rise, said excise department officials.

The trend is evident from the fact that at least four major cases relating to DJ parties this year, where synthetic drugs were used, have been busted by the excise team. On April 10 last year, excise and customs conducted a combined operation in four hotels in Kochi, where synthetic drugs like lysergic acid diethylamide (LSD) and MDMA (methylenedioxy-methamphetamine, commonly known as ecstasy) were found



Same year, more such parties were busted in Vagamon, Kochi and Poovar in the state capital (on December 5) and the same types of drugs were seized at these parties. In all, excise officials seized 16.06kg of hashish, 18.18g of heroin, 103.78g of brown sugar, 6.13kg of MDMA and 3.657g of LSD from various peddlers and end users last year. The quantity of MDMA seized by excise officials in 2019 was 230.015g, which increased to 564.116g in 2020 which has now increased by manifold this year.

Though synthetic drugs are making inroads among drug users, traditional ones like ganja have not taken a backseat. But the earlier trends of seizing small quantities have made way to large quantity seizures. In the last two years, the excise enforcement squad in Kerala, functioning under the direct control of the excise commissioner, has seized more than three tonnes of ganja. In 2021, the department had seized 5,632.6kg of ganja and 760 ganja plants.



NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661
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International Day Against Drug Abuse and
Illicit Trafficking observation
REPORT

Nirmala college of pharmacy, Muvattupuzha (MP020-1)
Unit No. : NSS/SFU/ERK/KUHS/1 (Id: C-11727)
Name of the Institution : Nirmala College of Pharmacy, Ernakulam
Name of the Programme Officer : Dr. Prasanth Francis

Circular from kuhs

സർ,

വിഷയം:- സംസ്ഥാന എൻ.എസ്.എസ്. യൂണിറ്റ് തീരുവനന്തപുരം - അന്താരാഷ്ട്ര
ലഹരി വിരുദ്ധ ദിനാചരണം - സംബന്ധിച്ച്

സ്വചന്ദ്രം:-

മയക്കുരവുന്നില്ലാത്തതും, അനധികൃത കടത്ത് എന്നിവക്കെതിരായി എല്ലാ വർഷവും ജൂൺ 26
ദിനമാണ് അന്താരാഷ്ട്ര സഭയുടെ ആഹ്വാന പ്രകാരം ലോക മെഡിറ്റേഷൻ അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനമായി
ആചരിച്ച് വരുന്നത്. ഉന്നത വിദ്യാഭ്യാസ വകുപ്പ് നിർദ്ദേശത്തെ തുടർന്ന് 2022 ജൂൺ 26 ന് സംസ്ഥാന
നിലയിൽ സർവ്വീസ് സ്കീമിന്റെ ഭാഗമായി ലഹരി വിരുദ്ധ പ്രചരണാർത്ഥം വിപുലമായ
പരിപാടികൾ സംഘടിപ്പിക്കുവാൻ തീരുമാനിച്ചിട്ടുണ്ട്. ആയതിന്റെ അടിസ്ഥാനത്തിൽ
കേരളത്തിലുടനീളമുള്ള എൻ എസ് എസ് സെല്ലുകളുടെ ഭാഗമായി ലഹരി വിരുദ്ധ പ്രചരണാർത്ഥം
ക്യാമ്പയിനുകൾ, ഫ്ലാഷ് മെസേജുകൾ, ലഹരിയുടെ ദുഷ്പ്രഭങ്ങൾ ഉൾക്കൊള്ളിച്ചുകൊണ്ടുള്ള പോസ്റ്റർ
പ്രദർശനം, ലഹരികൊതിരെ ജനങ്ങളെ ബോധവാന്മാരാക്കുക എന്ന ലക്ഷ്യത്തോടെ ഭവന സമ്പർക്കം
എന്നീ വിവിധ പരിപാടികൾ യൂണിറ്റ് തലങ്ങളിൽ സംഘടിപ്പിക്കേണ്ടതാണ്. അതിനാൽ ടി പരിപാടി
സംഘടിപ്പിക്കുന്നതിനുള്ള നിർദ്ദേശങ്ങൾ യൂണിറ്റുകൾക്ക് നൽകണമെന്നും പ്രസ്തുത പരിപാടികൾ
നടത്തിയതിന് ശേഷമുള്ള റിപ്പോർട്ടും ഫോട്ടോകളും statensskerala@gmail.com എന്ന ഇ - മെയിലിലേക്ക്
അയച്ച് തരണമെന്നും അറിയിക്കുന്നു.

Action taken

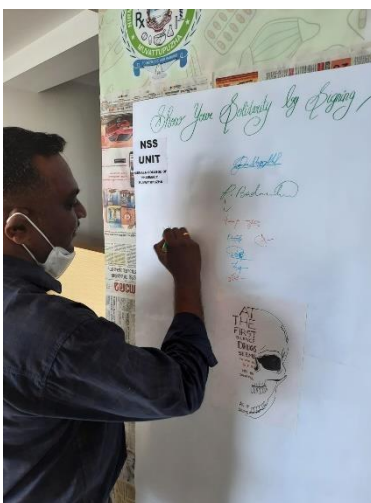
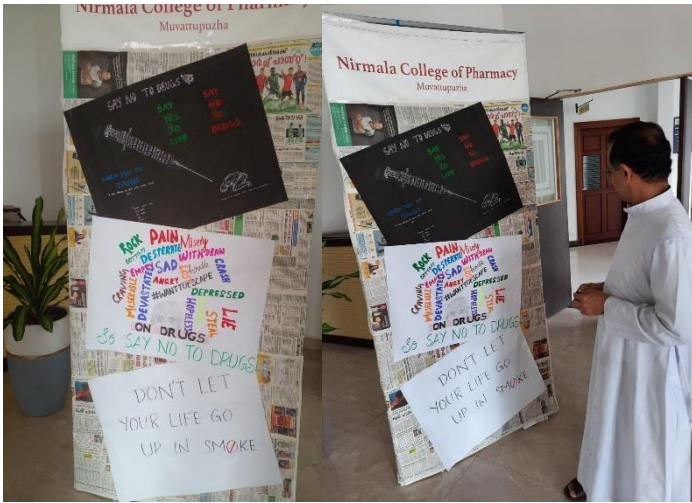
As part of International Day Against Drug Abuse and Illicit Trafficking observation the NSS unit
conducted poster presentation and Signature collection campaign. Students of all batches actively
participated in the event.

Total no of volunteer participants- 200





NIRMALA COLLEGE OF PHARMACY  
Muvattupuzha P.O., Ernakulam Dist., Kerala-686661  
Established in 2004, under Nirmala college society



Activity Photo: Poster presentation

CROSSCUTTING  
ISSUE

HUMAN VALUES

E PLEDGE ON  
DRUG ABUSE

NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004,  
under Nirmala College Society

Narcotics control bureau e-pledge

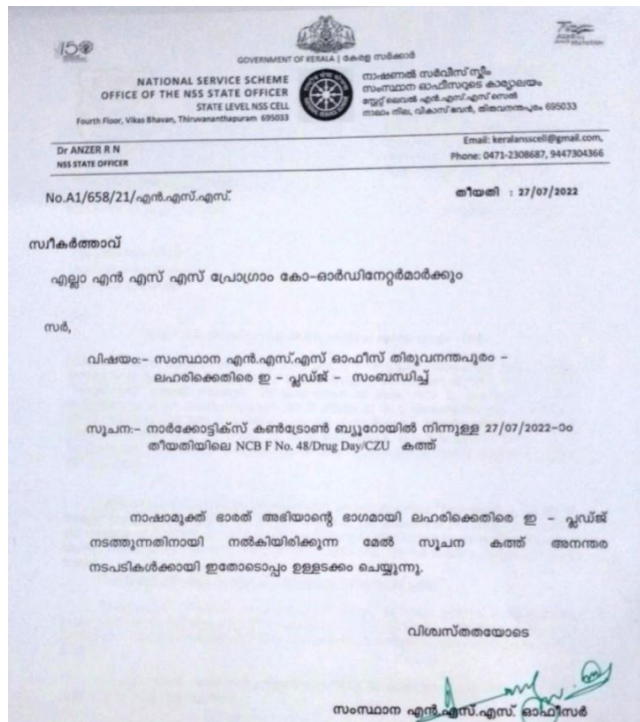
REPORT

Nirmala college of pharmacy, Muvattupuzha (MP020-1)

Unit No. : NSS/SFU/ERK/KUHS/1 (Id: C-11727)

Name of the Institution : Nirmala College of Pharmacy, Ernakulam  
Name of the Programme Officer : Dr. Prasanth Francis

Circular from kuhs





# NIRMALA COLLEGE OF PHARMACY

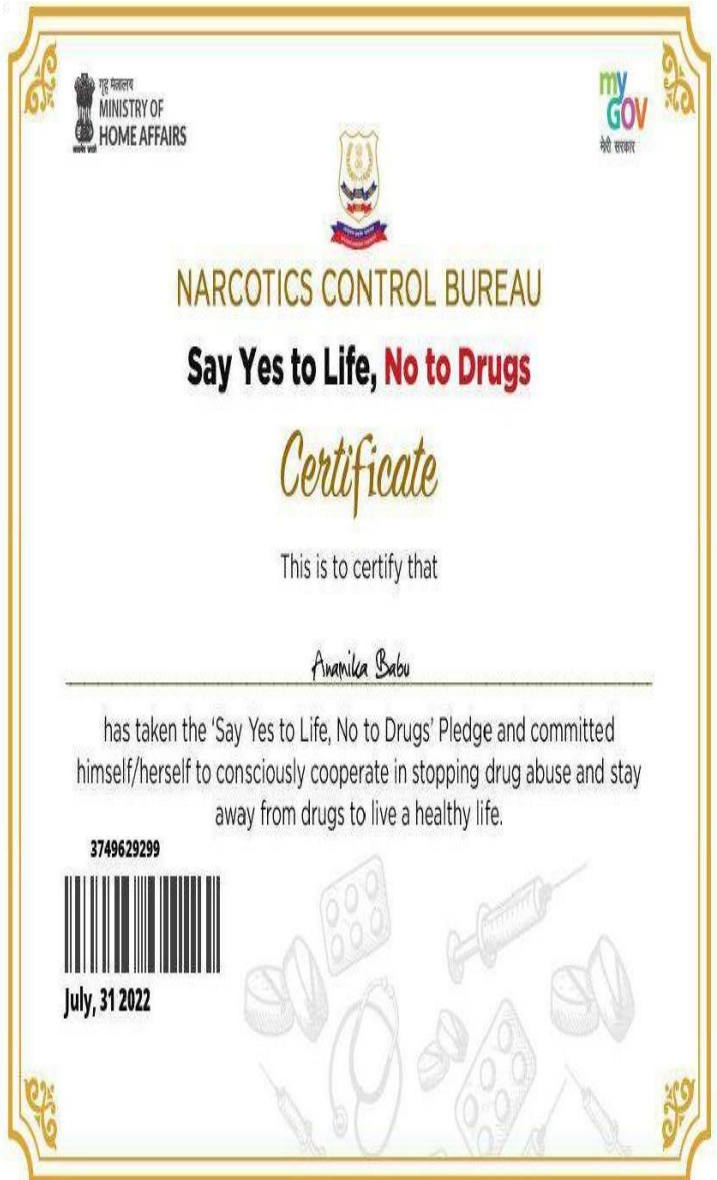
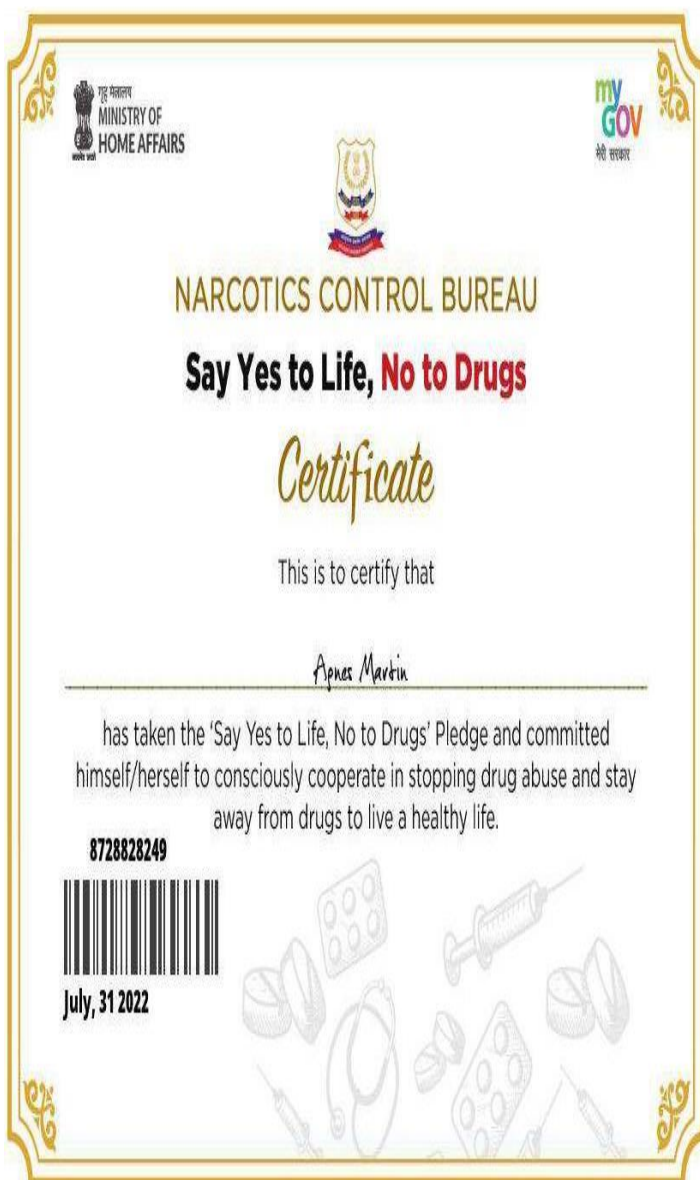
Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004,  
under Nirmala College Society

## Action took

As part of NASHA MUKTH ABHIYAN by narcotics control bureau, an e-pledge was taken by NSS unit students against drug abuse. Students of First year Bpharm and Pharm D actively participated and received certificates.



**Total no of volunteer participants- 50**




# NIRMALA COLLEGE OF PHARMACY

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**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**


*Certificate*

This is to certify that


Famina Rasale

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

3929477775



July, 31 2022





**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Jofin Sabu

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

6665359557



July, 31 2022





**NARCOTICS CONTROL BUREAU**  
**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Suathi S

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

5746995483



July, 31 2022



CROSSCUTTING  
ISSUE

GENDER

TYPE OF PROGRAM  
INTERNATIONAL WOMENS  
DAY



**ISSUE IDENTIFIED**

# Crime against women in Kerala increases as 2021 sees highest number of cases in 6 years

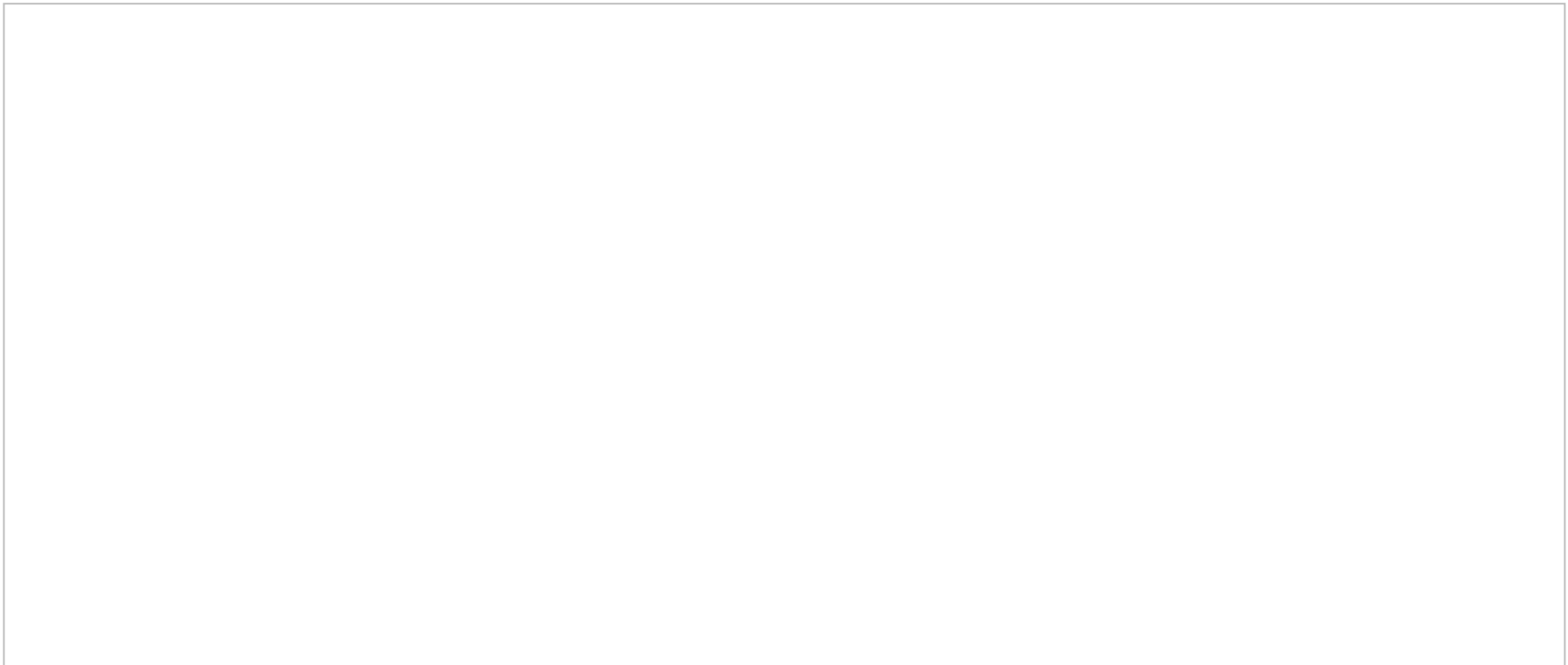
By Anand

11 February 2022, 02:21 PM IST

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Thiruvananthapuram: In a shocking revelation, statistics released by the state police department indicates that 3,549 POCSO cases were registered in the state between January 1 and December 31, 2021.

Further, 16,418 cases were registered for crimes against women. This is the highest number of cases reported in the last six years.



As many as 3,019 POCSO cases were registered in 2020, which is slightly less than that of the 3,609 cases in 2019. However, the relaxation in Covid-19 norms has further increased the cases reported across the state. Since 2016, the number of cases has alarmingly increased despite stringent measures taken to tackle the issue.

The highest number of cases were reported in Malappuram (457), Thiruvananthapuram rural (318), and Palakkad (251). The least number of cases were in Kannur city (93), Kannur rural (97) and Ernakulam city (110). Earlier, the state government had directed the police force to constitute special wings to investigate cybercrimes, economic offences as well as cases registered under the POCSO act.

To tackle the issue of crime against children, the state cabinet on Wednesday has also approved 28 fast-track special courts. With this, the number of fast-track courts in the state has become 56.

### **Crime Against Women**

The crimes against women have increased steadily across the state in recent years. The statistics revealed that there were 2,318 cases of rape, 4,269 cases of molestation, and 5,016 cases of cruelty from husband/ relatives during last year alone. The number of cases has also jumped from 12,659 in 2020 to 16,418 in 2021.



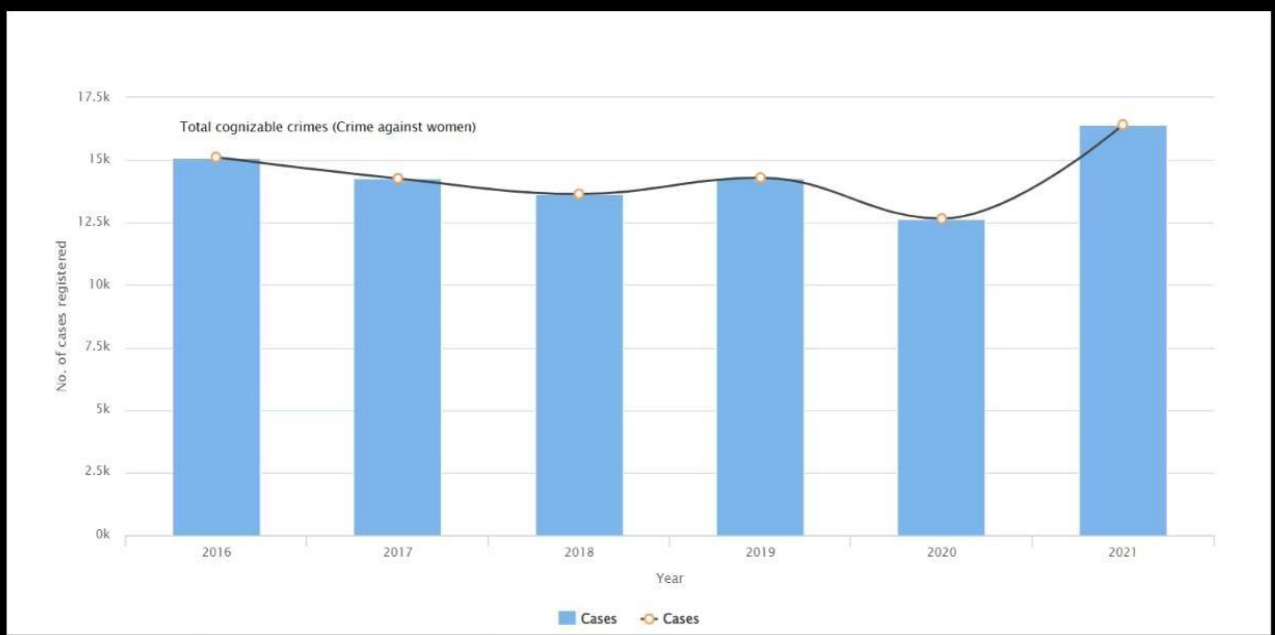


Infographics source: [keralapolice.gov.in/crime-statistics](https://keralapolice.gov.in/crime-statistics)



Sl.No	Crime Heads	2016	2017	2018	2019	2020	2021 (Provisional)
1	Rape	1656	2003	2005	2023	1880	2318
2	Molestation	4029	4413	4544	4507	3890	4269
3	Kidnapping & Abduction	166	184	173	227	151	195
4	Eve teasing	328	421	461	435	442	498
5	Dowry death (304(B) IPC)	25	12	17	8	6	10
6	Cruelty by husband / relatives	3455	2856	2046	2970	2707	5016
7	Other offences	5455	4374	4397	4123	3583	4112
Total cognizable crimes(Crime against women)		15114	14263	13643	14293	12659	16418

Source: keralapolice.gov.in/crime-statistics



Sl.No	Crime Heads	2016	2017	2018	2019	2020	2021 (Provisional)
1	Rape	1656	2003	2005	2023	1880	2318
2	Molestation	4029	4413	4544	4507	3890	4269
3	Kidnapping & Abduction	166	184	173	227	151	195
4	Eve teasing	328	421	461	435	442	498
5	Dowry death (304(B) IPC)	25	12	17	8	6	10
6	Cruelty by husband / relatives	3455	2856	2046	2970	2707	5016
7	Other offences	5455	4374	4397	4123	3583	4112
Total cognizable crimes(Crime against women)		15114	14263	13643	14293	12659	16418



## NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



### -----WOMEN EQUALITY DAY-----

**Date & Time:** 26/08/22, 3pm

**Venue:** Seminar Hall

**Hosted by:** Women cell, Nirmala College of Pharmacy

**Audience:** 1<sup>st</sup> sem B Pharm and VII Sem B.Pharm

**Event:** MOTIVATIONAL TALK

Resource person: Ms.Joice Mary Antony

Municipal Councillor

Managing Director

Luella Ventures Pvt.Ltd,

The programme started with an ethereal prayer song by the college choir. It was followed by the welcome address by Ms. Abiya Baby (an IEDC Member).

Following Administrator Fr. Jose Pulloppill's presidential address, Principal Dr.

Badmanaban R released a video on Women Equality Day. At 3:30 p.m, the

mic was handed over to the chief guest, who spoke about hervision of "women's

equality." The session, which lasted for an hour, was very informative and

relevant. Especially, it was well reminded that women's equality is essential for

economic prosperity. It prevents violence against women and girls. It also

reminded that women have equal opportunity to make most of their lives and





# NIRMALA COLLEGE OF PHARMACY

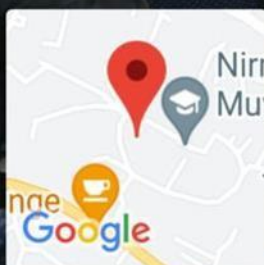
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talent. At the end of the session, the chief guest was felicitated with a memento followed by a vote of thanks by Ms. Angela Mathew (IEDC member)



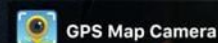
Muvattupuzha, Kerala, India

XHHV+2FM, Nirmala college Rd, Kizhakkera, Muvattupuzha, Kerala 686661, India

Lat 9.977502°

Long 76.593712°

26/08/22 03:39 PM



Session by Speaker



# NIRMALA COLLEGE OF PHARMACY

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Awarding momento to the speaker



CROSSCUTTING  
ISSUE

HUMAN VALUES

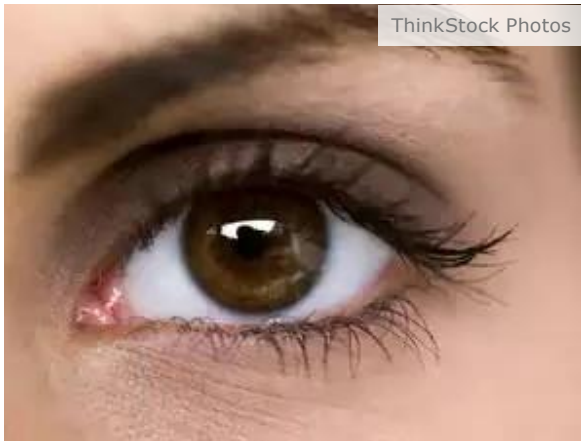
TYPE OF PROGRAM  
FREE EYE CHECK UP DAY

# Daily habits that affect your eyesight

IANS Last Updated: Nov 14, 2022, 06:28 PM IST

## Synopsis

Addressing visual impairment is a major health issue across the globe, and while a number of factors are responsible for poor vision, including age, genetics, and the environment, everyday habits are just as important. There are indications that daily habits can affect a person's eyesight and develop into further complications if not addressed in time.



Regular eye check-ups are essential for the timely identification and treatment of visual ailments.

There are about 2.2 billion people globally with near or distant [vision](#) impairment, according to a 2021 report by the World Health Organisation (WHO). India is the second-most populous country in the world and home to over 20 per cent of the world's blind population. Addressing visual impairment is a major health issue across the globe, and while a number of factors are responsible for poor vision, including age, genetics, and the environment, everyday habits are just as important. There are indications that daily habits can affect a person's [eyesight](#) and develop into further complications if not addressed in time.

## What are these habits?

**Too much screen time:** Working for long hours, especially on a computer has become a reality for many people around the world. The pandemic and the work-from-home culture meant that people have to work virtually for long hours every

day. Such a lifestyle can inevitably cause significant strain on your eyes and lead to eye-related problems if not properly checked. A condition often associated with this is "screen-sightedness" or computer vision syndrome. The 20-20-20 technique is a simple yet effective way to take frequent breaks to reduce the stress on your due to extended use of digital devices. Spend at least 20 seconds every 20 minutes looking at something 20 feet away.

**Eating eye health-deficient diet:** Including foods containing omega-3 fatty acids, zinc, vitamins C and E, and dark leafy greens, nuts, eggs, oranges, and seafood can help maintain eye health.

**Not resting enough:** Lack of sleep, especially when it happens on a regular basis, can have many negative effects on our health, both short-term and long-term, including a weakened immune system, weight gain, heart disease, high blood pressure, mood changes, and memory issues. It also affects the health of our eyes significantly. Not resting enough can manifest in bloodshot eyes, dark circles, blurred vision, dry eyes, and other conditions. According to research, the eyes need about 7 to 9 hours of good sleep daily to replenish themselves and function well.

**Rubbing your eyes all day can also cause some damage to your sight.** Rubbing the eyes can break blood vessels present under your eyelids. When the eyes are irritated, instead of rubbing the eyes, try applying a cold compress instead.

**Not wearing sunglasses** can also have harmful effects on your eyes. Our eyes are vulnerable to ultraviolet rays and weather elements which can affect the health of our vision in numerous ways. Wearing the right sunglasses on a regular basis can prevent the development of macular degeneration or cataracts. Beyond that, sunglasses also help protect against dry-eye syndrome by blocking the wind and dust that could gain access to your eyes.

**Staying dehydrated.** Water is essential for the body to help maintain hydration. Our eyes rely on water to help keep them lubricated in the form of tears. It is quite normal for dust, dirt, and other debris present in the air to sneak into our



eyes. In the absence of moisture, one may develop dry, red, or puffy eyes. Thus, it is important to stay hydrated by consuming plenty of water every day.

Moreover, regular eye check-ups are essential for the timely identification and treatment of visual ailments.



## NIRMALA COLLEGE OF PHARMACY

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### Free eye Check up” World eye sight day

Nirmala college of pharmacy, Muvattupuzha (MP020-1)

Unit No. : NSS/SFU/ERK/KUHS/1 (Id: C-11727)

Name of the Institution : Nirmala College of Pharmacy, Ernakulam

Name of the Programme Officer : Dr. Prasanth Francis

#### Action took

As part of world eye sight day on 13/10/2022, NSS unit of Nirmala college of pharmacy, Muvattupuzha in association with Ahalia Foundation eye Hospital conducted free eye checkup campaign at college premises. All teaching staff, non teaching staff and all students were benefited by this campaign.

Total no of volunteer participants- 300

#### Screenshot



# MEASURE MENTIONED

## NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004,  
under Nirmala College Society

### **“Campaign against narcotic drug abuse: Public awareness program”**

#### **World eye sight day**

Nirmala college of pharmacy, Muvattupuzha (MP020-1)

Unit No. : NSS/SFU/ERK/KUHS/1 (Id: C-11727)

Name of the Institution : Nirmala College of Pharmacy, Ernakulam

Name of the Programme Officer : Dr. Prasanth Francis

#### **Action took**

As part of world eye sight day on 13/10/2022, NSS unit of Nirmala college of pharmacy, Muvattupuzha in association with Ahalia Foundation eye Hospital conducted a public awareness program against drug abuse at Kacherithazham bus stand, Muvattupuzha. Students from Second semester Bpharm conducted a Mime on the same theme and students of First Pharm D performed a flash mob. Principal, Vice principal of Nirmala college of pharmacy and PRO of Ahalia eye foundation gave classes on the drug abuse. 35 students from organisation participated in the events. Public were benefited by the campaign.

**Total no of volunteer participants- 35**

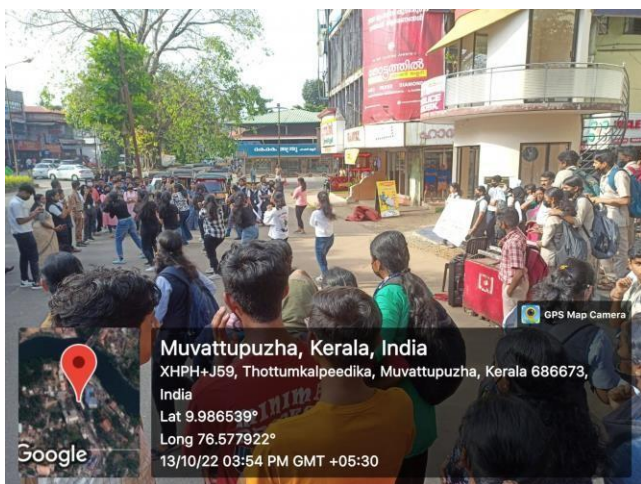
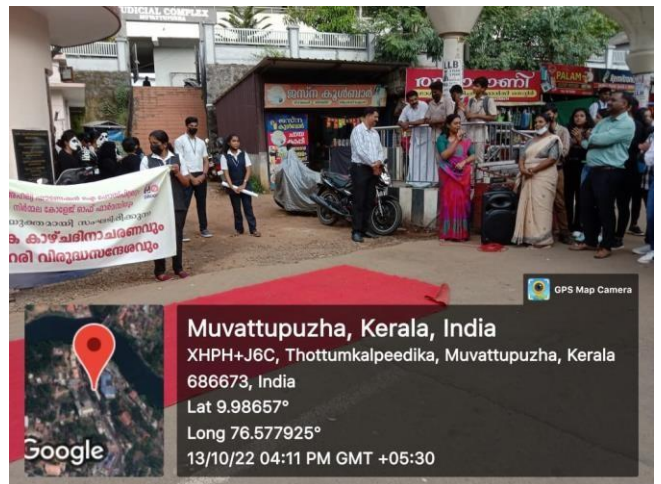
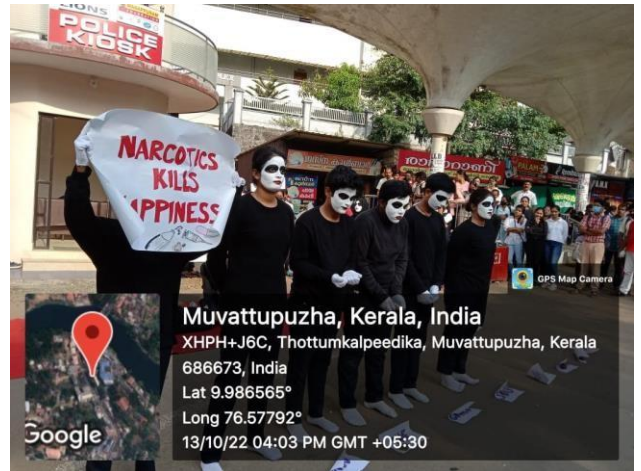
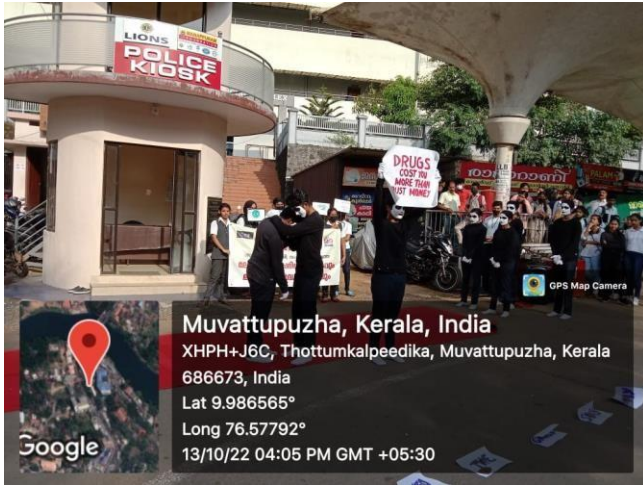




# NIRMALACOLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004,  
under Nirmala College Society





# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004

Under Nirmala college society



Mime and Flash mob



CROSSCUTTING  
ISSUE

PROFESSIONAL  
ETHICS

CAREER COUNSELING ON  
HEOR BASED JOBS



Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# Why are so many Indians stressed?

TIMESOFINDIA.COM | Feb 22, 2021, 09.00 PM IST



82% of Indians are stressed out today. The rising stress levels even made India earn the title of being the most depressed country in the world, some years back.

Stress has become an overheard word in our lives, isn't it? For a problem that has been for years dismissed as a 'western' concept, the number of Indians reeling under stress is far more profound than any of the Western countries. Be it work pressure, struggles of life, relationships, financial stress or a mental overload, more and more Indians are suffering from pangs of stress, depression, anxiety and related ailments. What's more shocking is that stress is also one of the prime reasons for increased precedence of young-age cardiac arrests, blood pressure flare up and increased

risk of chronic diseases.

The pandemic has only added to our woes. In a development that is making experts worry, we may be at the brink of facing a terrible mental health pandemic. Rates of depression, anxiety, loneliness brought on by the lockdown have soared. Not to forget, the crisis COVID-19 brought in front of us has drained out many people emotionally as well as financially.

But the main question we face in front of us is- What's making Indians so stressed out?

From the times experiencing a little stress was considered to be an environmental factor that pushed people to be more productive, the definition of the word stress has gone for an overhaul. And, in the lack of requisite knowledge, Indians are suffering from the curse of it.

According to Dr Kersi Chavda, practising Psychiatrist and Consultant, Hinduja Hospital, Mumbai, Indians may be

genetically predisposed to high stress and pressure, which is also the centre of a lot of recent studies and research.

Stress can differ from person to person

The kind of stress also varies depending on the age you are at- and the factors in front of you.

For kids, increased stress levels could show up in the form of developmental disorders, anxiety, exam stress, peer pressure. Attention Deficit Hyper Disorder (ADHD) is also being commonly diagnosed in younger kids today. With pre-teens and teens, there's also a heightened risk of anxiety, depression. Recent studies also indicated that teenagers in the age of social media also face a higher suicide risk.

With age, stress causes and factors change. Troubled relationships, increasing divorce rates are also some of the reasons behind high functioning stress and mental health problems.

And then, there's the problem with India's massive ageing population. While India is a relatively young country, there are also a lot of elderlies at the risk of degenerative disease and mental health disorders- Alzheimer's, dementia, declining cognitive function and many other mental illnesses.

In the lack of awareness and skewed medical resources, the problems are only going to worsen over the years.

What can you do to cope with stress?

Stress is a part of our lives but that doesn't mean you have to let it impact you negatively.

On a community level, we need more a better approach and focus on mental well-being. From rightful awareness drives, education and easily available resources, stress can be dealt with in a better manner.

There are also a lot of things we can do, as individuals to control and alleviate stress levels. Good quality sleep, lesser screentime, taking time out for a workout, having a potent, nutritious diet and many more mindful measures can help you adopt live life better.

Awareness about mental health and the destigmatizing of mental illnesses is still bleak in our country. Despite the advent of the internet, and the open conversations celebrities have brought to the table, there are still a lot of myths, taboos and misinformation about mental well-being. Remember, seeking therapy or going to a psychiatrist, or being open about how you feel doesn't make a person weak, or bad. Mental illnesses should no way be stigmatized and the right help, taken at the right time can nip a lot of problems in the bud.



# MEASURE MENTIONED

## ISPOR EVENT

Date: 13<sup>th</sup> January 2023

### **Career counselling on HEOR based jobs**

By: Gifty Lawrence, Clinical Data Analyst, Certara, Hyderabad

A career counselling class was provided to the 6<sup>th</sup> Pharm D interns on HEOR based jobs and its roles and responsibilities. The class was provided by Ms. Gifty Lawrence, an alumni of Nirmala College of Pharmacy and who is currently working as a clinical data analyst in Hyderabad. She explained the job possibilities, the companies which are hiring, the roles and responsibilities of a clinical data analyst. She also helped the students on how to face an interview and also shared her experiences from attending an interview to working as a clinical data analyst. She discussed about the scope of the job and various opportunities and skills provided.

The main areas of the discussion were:

- The scope of HEOR based jobs
- How to apply and the companies that are recruiting
- How to attend an interview
- Roles and responsibilities of a clinical data analysts
- Skills required for the job



Session taken by the speaker



CROSSCUTTING  
ISSUE

PROFESSIONAL  
ETHICS

INNOVATOR TALK

ISPOR: January Event

Date: 13 January 2023

## **INNOVATOR TALK: Development and Implementation of mobile application as a teaching tool to enhance the practice of Evidence Based Medicine**

KUHS ISPOR Student Chapter, Nirmala College of Pharmacy conducted an innovator talk on the topic Development and Implementation of mobile application as a teaching tool to enhance the practice of EBM on 13<sup>th</sup> January 2023 from 9:30 AM to 12:00 PM. The talk was aimed to raise the understanding and awareness about Evidence Based Medicine among students. Students were also given questionnaires to test their knowledge on EBM.

The session provided a deep knowledge on EBM and its practical applications. Students of 6<sup>th</sup> year Pharm D actively participated throughout the program. At the end of the session, some mobile applications to practice and learn about EBM was also introduced. The session was very informative and useful.

The topics discussed in the session are:

- Basics of EBM
- Role of EBM in clinical decision making
- Importance of EBM
- Questionnaire – To understand the basic knowledge of students about EBM





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ISSUE

GENDER

TYPE OF PROGRAM  
NATIONAL GIRL CHILD  
DAY CELEBRATION

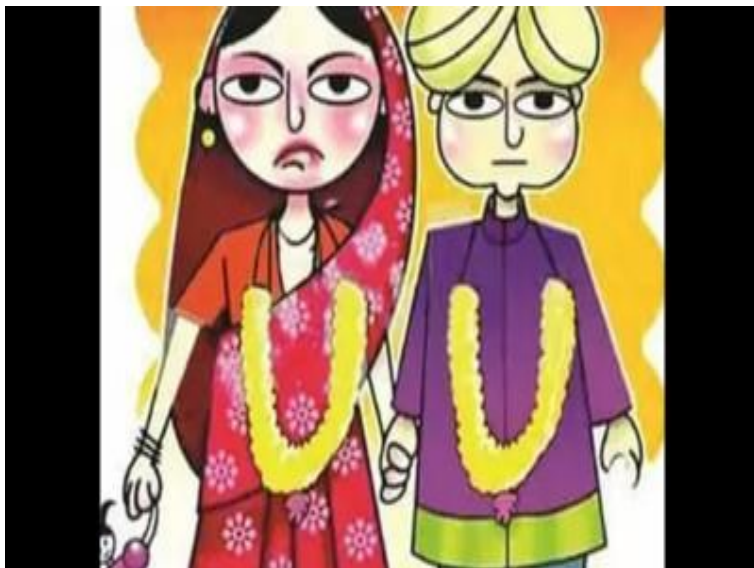
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THE TIMES OF INDIA

ISSUE IDENTIFIED

# Kerala sees rise in child marriages during pandemic

TNN | Oct 6, 2021, 02.10 PM IST



KOCHI: Child marriages have risen in Kerala, which boasts of being the state with the highest literacy in the country. As many as 86 child marriages have taken place in the state in 2020 and 2021 till August, as per data from the women and child development department.

As per records, 45 marriages took place in the first eight months this year as against 41 last year. The highest number of marriages were reported from Wayanad district, due to the cohabitation culture among tribespeople, said officials.



# TRAPPED YOUNG

(Source: Women and Child Development Department)

District	2020	2021 (till August)			
T'puram	1	0			
Kollam	0	0			
Pathanamthitta	0	0			
Kottayam	0	2			
Idukki	2	3	Malappuram	3	1
Alappuzha	3	0	Kozhikode	0	0
Ernakulam	1	2	Wayanad	27	36
Thrissur	3	0	Kannur	0	1
Palakkad	1	0	Kasaragod	0	0

In Wayanad, 27 child marriages happened last year and it rose to 36 in the first eight months this year. Kottayam, Idukki, Ernakulam, Malappuram, Thiruvananthapuram, Thrissur also witnessed child marriages in single digits. In Ernakulam, two child marriages happened this year and both were reported from migrant families and the marriage function was in other states, said child protection officials. "The families are staying in Ernakulam. But the weddings took place in Tamil Nadu and Pondicherry. We came to know about it when they returned," said an official of the district child protection unit.

Covid could be one of the reasons for the rise in child marriages as family elders think that cost-effective marriages can be conducted during the pandemic, said officials. "We get information from the field that many parents think that since the girl child is attending online classes, it is better to get her married. The government gives Rs 2,000 as aid for education of each child from poor families. There are 160 such beneficiaries in Malappuram. The child's father may be dead or alcoholic or may have abandoned the family. In majority of the

cases, the child's mother was married off at an early age and deprived of higher education. Though she is healthy, lack of education is a hindrance to secure a job. Patriarchy is also a reason," says Fazal Pullat, child protection officer in Malappuram.

When a minor girl is married off, Pocso case is registered against her husband and parents under the Prohibition of Child Marriage Act, which invites three years of imprisonment. Child welfare committees attend to such cases.

"What worries us most is that child marriages happen in families of guest workers who stay here. The marriage function is conducted in their respective states. The case of a 11-year-old girl married off to a 16-year-old boy came to our notice this month. Parents of both children are willing to get them married. In some cases, teenagers enter into a relationship and consummate their love even before the girl turns 18 years. This forces the parents to get them married off at the earliest," says Bitty K Joseph, Ernakulam CWC chairperson.



# MEASURE MENTIONED

## NATIONAL GIRL CHILD DAY CELEBRATION

Resource Person: MS. SNEHA SUSAN SAMUEL

Audience: GIRL STUDENTS OF ST. AUGUSTINE GIRLS HIGHER SECONDARY SCHOOL, MUVATTUPUZHA

Date and Time: 23/01/23, 12.15 AM

Venue : ST. AUGUSTINE GIRLS HIGHER SECONDARY SCHOOL, MUVATTUPUZHA



Welcome address by Ms. Junia George







Talk by Ms. Nandhana Shibu student of 3<sup>rd</sup> Pharm D

The program started with a welcome address by Ms. Junia George, Asst. Professor, Member of women cell. It was followed by a video presentation by Ms. Athira James, member of women cell and head of media club

Ms. Nandhana Shibu of III Pharm.D, started with an outline of the importance of national girl child day. She explained in detail, regarding the deposit schemes by central government as well as state government for girls. Later Ms. Sneha Susan Samuel of III pharm.d took the session. She focused the various types of scholarships provided by the government for girls. Students of first sem b.pharm and I pharm.d performed a theme dance.

The program concluded with a Vote of Thanks by Ms. Junia George





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THE TIMES OF INDIA

ISSUE IDENTIFIED

# Women hope for a safe city in 2023

Jan 1, 2023, 08.17 AM IST

Thiruvananthapuram: In 2022, sexual and physical assault cases reported against women in public spaces shocked the residents. It also raised questions about the safety of women in the state capital. However, thanks to the steely determination and brave approach of those who survived these attacks, the cases were reported and arrests were made in some cases.

The culprit behind the sexual misconduct suffered by a civil service coaching institute student in Yuvadhara Lane in Pandit Colony, Kowdiar, in November is yet to be identified. While the search is still on, the survivor talks about her experience and what can be improved in terms of our current security system.

"In my case, we had to rely on the visuals from CCTV cameras placed on the houses in the lane. The attacker was apparently stalking us from the main junction. I believe the whole process could have been easier if there were cameras placed in public spaces too. The offender seems to have committed similar crimes in the past too, but it seems nobody filed any complaints. I think women should come forward and report to the authorities when incidents like these happen. It can truly open up possibilities for catching such offenders eventually without hitting roadblocks in between. Staying indoors in fear is never a solution," she said.

The city was rather shaken by the Museum assault case against a lady doctor, which happened in October. According to the survivor, in the present age, technology does play a major role in identifying criminals, but it does not make up for the crucial intervention required by the police force.

"Initially, I had to take the major initiative to expedite the search by bringing it to the attention of higher authorities." "It is a fact that our security force strength is not proportionate to the population. Their reachability is still a huge factor that has yet to be addressed," she said.

"It seems that the culprit was a habitual offender. Boys and girls should be taught at home and at school to respect each other. We can control such unfortunate events in the future and move forward as a society only if we are willing to bring up our children in the right way," the doctor said.



# MEASURE MENTIONED



## NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHYA

Affiliated to Kerala university of health science, Trissur

Approved by govt of Kerala and PCI, New Delhi

### PROGRAM SUMMARY

#### INTERNATIONAL WOMEN'S DAY

The space, Women cell of Nirmala college of Pharmacy celebrated the International Women's Day on March 8, 2023 in the college auditorium, under the theme, DigitALL: Innovation and technology for gender equality.

The programme started at 2:30pm with prayer song, followed by welcome address by Ms. Maria C George of 8<sup>th</sup> sem B.Pharm. Felicitation address was given by the Principal, Dr. Badmanaban R, highlighting the importance of appreciating women in life.

Media Club of college presented a short video on highlighting the greatness of women in different fields, followed by which dance club performed theme dance for the day. (<https://youtu.be/IOVE82s8ub0>)

The main highlight of the day was the talk led by Mr. Babu Ganganath on the topic Money Management, which was a thought provoking session to the students.

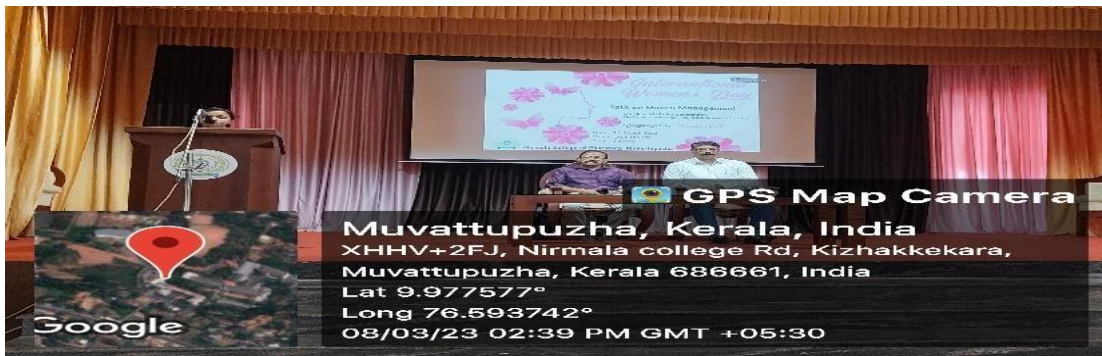
As a part of the commemoration of women's day, Poster presentation competition was held for students on the topic DigitALL: Innovation and technology for gender equality. Prizes were distributed for the winners in competition.

Vote of thanks was delivered by Ms. Junia George and the programme was concluded by Nation all Anthem.





Poster presentation



Welcome address



Theme dance



CROSSCUTTING  
ISSUE

ENVIRONMENT  
AND  
SUSTAINABILITY

WORLD WATER DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# Water levels in 72% wells show a declining trend

TNN | Feb 13, 2023, 11.38 AM IST



KOCHI: The erratic and deficient rainfall in 2022 will have an impact on the groundwater situation in the state in the coming summer season as both seasons were marked with a deficiency in terms of rainfall days.

According to a report by the state groundwater department which monitors the water levels in various wells across Kerala, there has been a falling trend in groundwater levels in observation wells, dug wells, and borewells in June 2022 compared to the same period in the previous year. These wells are separate from those monitored by the Central Groundwater Board.

A comparison of groundwater levels in June 2022 with the corresponding month in the previous year reveals that 72% of

observed dug wells, 65% of bore wells, and 58% of tube wells recorded a falling trend.

Also, 68% of total observation wells showed a falling trend of which 38% showed a decline in water levels less than 0.5m.

The actual rainfall received in the state in June 2022 was 53% deficient from the normal rainfall. In June 2021, the rainfall deficiency was 39%, but 2021 was a year of heavy rainfall across the year in all seasons.

The report said the dug wells showing a decline of water level of more than 2m during the long-term analysis will be monitored closely.

About 55 open wells showed more than 2m fluctuation on comparison of water level during the month with the



previous year's same month data and 24 open wells showed more than 2m fluctuation when compared to the decadal mean water level.

It recommended that suitable recharging measures be taken to enhance the water level and to avoid further fall in water level. However, the groundwater drought index of 80% of observation dug wells during June 2022 are in normal and 14% in mild categories. Around 3% are in moderate, 1% in severe, and 2% in extreme categories.



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### -----WORLD WATER DAY-----

**Date & Time:** 22.03.2023,9AM TO 10:30 AM

**Venue:** OUTREACH PROGRAM

**Hosted by:** Nature Club

Staff Coordinators:Mrs.Nancy Jose,Dr.Dona Maria Jetto

Student Coordinators: Ayona Elizabeth,Anas Muhammed Azad

The Nature club members of Nirmala College of Pharmacy along with Second Year Pharm D and Third year Pharm D students went for an outreach program in nearby homes of Avoli Panchayath.Total of 25 students participated.



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*Distribution of leaflets on water conservation methods.*

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Students visited 30 homes and distributed leaflets highlighting water conservation methods. Students addressed the importance of conserving water and explained the various methods that can be adopted.

## **DISPLAY OF CHARTS**

In addition, as part of water day, the students also displayed charts. The charts were prepared by students of sixth semester and third semester B.pharm and fourth and second year Pharm D.



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ENVIRONMENT  
AND  
SUSTAINABILITY

ENVIRONMENT DAY  
OBSERVATION

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THE TIMES OF INDIA

ISSUE IDENTIFIED

# Climate change driving away marine fish towards poles: Study

PTI | May 31, 2023, 02.38 PM IST



NEW DELHI: Global warming is causing the majority of fish populations in the sea to relocate towards colder waters nearer the north and south poles, according to a study on the impact of climate change on oceans. The researchers from the University of Glasgow in the UK found that, in response to ocean warming, many marine fish populations are shifting towards the Earth's poles or are moving to deeper waters—all in a bid to stay cool. For marine life such as fish, the temperature of the surrounding water affects critical functions such as metabolism, growth and reproduction.

Marine species also often have a very narrow livable temperature range making even small differences in the water impossible to cope with. As a result, marine life changes caused by global warming have been up to seven-fold faster than animal responses on land, the researchers said.

The study, published in the journal *Global Change Biology*, examined data on 115 species spanning all major oceanic regions, totalling 595 marine fish population responses to rising sea temperatures.

"We observed a striking trend (where) species living in areas that are warming faster are also showing the most rapid shifts in their geographical distributions," said Carolin Dahms, lead author of the study.

"It's possible that rate of warming in some regions may be too fast for fish to adapt, and so relocating may be their best coping strategy. At the same time we see that their ability to do so is also impacted by other factors such as fishing, with commercially exploited species moving more slowly," Dahms said.

While relocation to cooler water may allow these species to persist in the short-term, it remains to be seen how food-webs and ecosystems will be affected by these changes, the researchers added.



## REPORT

### WORLD ENVIRONMENT DAY

As part of **World Environment Day** on 5<sup>th</sup> June 2023, Nature club and Media Club of Nirmala college of Pharmacy organized a clean the campus program which included cleaning the medicinal garden and college premises. Tree plantation was also organized. Medicinal plants were planted. Students of fifth semester Bpharm and first year pharm D participated.

 **Nirmala college of Pharmacy Muvattupuzha**

**5 June 2023**

# WORLD ENVIRONMENT DAY

Sometimes we forget just how much natural systems support our own well-being.

## Programs

- Best from waste competition
- Campus Cleaning and tree plantation
- medicinal garden make up

**Nature club in association with media club**





## Students cleaning college premises

